

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information. It is a reminder for us to try to turn or return to healthy eating habits. Please take a moment to check out the food “hacks” below for tasty creative subs you can try when you are cooking. They are simple solutions to get your meals healthier. If you have recipes or ideas you would like to share please send them my way! Look for weekly tips and “snacks” this month.

1- Whole wheat flour for white flour

In just about any baked good, replacing white flour with whole wheat can add a list of new nutrients, flavor, and texture. Because whole wheat includes the outer shell of the grain, it also provides fiber, which aids in digestion and can even lower the risk of diabetes and heart disease.

TIP: For every cup of white flour, substitute 7/8 cup of whole-wheat.



2- Unsweetened applesauce for sugar

Using applesauce in place of sugar can give the sweetness without the extra calories and of course, sugar. One cup of unsweetened applesauce contains

only about 100 calories, a cup of sugar can pack more than 770 calories!
This swap is perfect for oatmeal raisin cookies.

TIP: Sub sugar for apple sauce in a 1:1 ratio, but for every cup of applesauce you use, reduce the amount of liquid by ¼ cup.

3- Unsweetened applesauce for oil or butter. Don't knock this one until you have tried it!

The applesauce gives the right consistency and a little sweetness without all the fat of oil or butter. This works well in breads, like banana or zucchini, or in muffins.

TIP: On your first try, only try swapping out half the fat (so a recipe using 1 cup of oil would use 1/2 cup oil and 1/2 cup applesauce). If you can't tell the difference with that swap, try swapping a more of the fat next time around.

4- Natural peanut butter for reduced-fat peanut butter

They may appear better than traditional Skippy or Jiff, reduced fat versions of peanut butter can have more sugar—and an extra-long list of artificial additives—than the classics. Natural peanut butter (preferably unsalted) provides the same sweetness without all the extra junk.

5- Vanilla for sugar

Cutting sugar in half and adding a teaspoon of vanilla as a replacement can give as much flavor with fewer calories. If the recipe calls for one cup of sugar, that's already almost 400 calories cut out!

TIP: You can't sub this one in equal ratios, but when you whip up some cookies next time, try cutting 2 tablespoons of sugar and adding an extra 1/2 teaspoon of vanilla extract.

6- Graham crackers for cookies (in pie crusts)

WE love fresh baked cookie-crust pie.. Next time, refrain from the sugar or Oreo cookie crust and **grab the graham crackers**. Reduced-fat graham crackers have the same consistency and flavor with about half the calories of options.

7- Rolled oats for breadcrumbs

While breadcrumbs have extra sodium, using rolled oats seasoned with herbs is a great way to sneak whole grain into your meal.

8- Corn tortilla for flour tortilla

Half the calories and fat. 'Nuff said. ☺

9- Arugula, romaine, spinach, and/or kale for iceberg lettuce

All greens are not created equal. Darker greens usually mean more nutrients like iron, vitamin C, and antioxidants.

Iceberg is not where it is happening!!!! No nutritional value whatsoever! Get some real greens!

10- Greek yogurt for sour cream.

Half the fat and calories, but the taste and texture are almost identical.

Tip: Nonfat Greek yogurt offers an extra dose of lean protein